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Cacao is in great demand. The delicious sub-acid pulp is first sucked from the beans, which are roasted and ground on the chicha board, or stone into a coarse paste. It is the greatest luxury they possess. And still, I have never seen a young cacao tree belonging to an Indian. They depend for their supply on the old trees, planted by past generations. I have known an Indian make a two days' journey to collect a little cacao, when less labor would plant him fifty trees near his house. 222 272

Fishing is rarely performed with hook and line. They have two methods. One is to shoot the fish from a canoe (all the canoes belong to foreigners), or from the shore, or a rock. They use very long arrows, described previously, and are quite expert. Another method is to select a channel of the river beside an island. A frame-work is built at each end, of sticks and cane, which extend completely across the stream. When everything is ready, the people stationed at the upper end rapidly cover the frame-work with the leaves of the cane, so as to stop the water running through. Those at the lower frame, also spread on cane leaves, but thinner, only so as to keep the fish from passing through. Both parties must work at the same time, and as rapidly as possible, because as soon as the fish find the level of the water lowering they attempt to escape, and I was told that it has sometimes happened that every fish has gotten away before the dams were finished. In the course of a few hours the water is so low that the fish congregate in the deeper pools and are shot with arrows, or even taken out by hand. 226

The only divisions of time known are the natural astronomical ones: the day, the lunar month, and the year. A glance at the vocabulary will show that special words are used for day in the abstract as distinguished from night, and for to-day, to-morrow, day after to-morrow, &c., and for yesterday, &c. The month is called by the same name as the moon, "*si*." The year is counted from dry season to dry season, and is recognized by the ripening of the flower-stalks of the wild cane, on which they depend for arrow-shafts. It is called *da-was'* from this connection. 805

The local diseases of the country are fevers, acquired by going to the coast; or by the hill people, by going down to the low lands. They sometimes seem to become epidemic, due to an unusually wet season, or to the continuance of the rains throughout what should be a dry season. The summer of 1874 was particularly fatal in this respect. Rheumatism is common, especially with the older men. It is brought on by much exposure to rain, and by wading rivers when heated, on journeys. But the commonest infirmities are indolent ulcers, usually on the legs. They originate from any little scratch or bruise, and are the result of the low vital state of the system, due to a bulky but innutritious diet. A wound which, in a person in good health, would heal in a week, may result with one of these people in a sore lasting years, and perhaps at times involving an area twice as large as the hand. 164

Of remedies, they may be safely said to have none. They are learning 757

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757 to apply to the traders for medicines for fever. All go to Mr. Lyon in case of snake-bite, and when taken in time, he says he has never failed to cure a case with either ammonia or iodine, as seemed to be indicated. It may be interesting to note that after obtaining no relief with one of these medicines, he has given the other, and with immediate good results. He gives the iodine in the form of alcoholic tincture in 10 to 15-drop doses, every 10 to 15 minutes. Some of them seem to believe in the incantations of the *Asus* or doctors, but foreign medicines are gradually gaining ground over sorcery. For rheumatic pains, headaches, &c., there are two remedies used. The simplest is counter-irritation by whipping with nettle leaves. The other is bleeding. The lancet is made usually from the tongue of a jew's-harp, broken off at the angle and sharpened to a point. This is set at right angles in a little stick for a handle, and is used by holding it over the affected part and striking it briskly with a finger. They never regularly open a vein and draw off a quantity of blood, but every stroke makes a separate puncture, from which only a few drops exude. At Borubeta I saw a man bled to relieve the aching of fatigue in his arms. He had been scraping *agave* leaves, to extract the fibre for hammocks. He had at least fifty punctures made over his two arms.

222 439 314 The natural products of the country are principally sarsaparilla root and india rubber. The sarsaparilla vine is green, angular, and covered with thorns. It grows very long and climbs over bushes and even trees in the more open parts of the forest. At short distances it is jointed, and if it touches the ground every joint sends out a new set of roots. The leaves are large and acuminately oval and have three longitudinal ribs, the midrib and two parallel ones, half way between the middle and the edge. The fruit is round and grows in a cluster something like grapes. The vine has a tap-root, and besides sends out a large number of horizontal roots near the surface of the ground, and from six to ten feet long. The sarsaparilla hunter first clears away carefully all the bushes and undergrowth with his machete. He then, with a hooked stick, digs into the ground at the base of the vine until he loosens the earth and finds where the best roots are. The tap-root is never disturbed, and it is customary to dig up only half the roots at a time, to avoid killing the vine. Having selected those that look most promising, he places his hand under one or two and gently lifting them, follows their course with his hooked stick, loosening the soil and lifting them out, following them to their ends. They are then cut off, the dirt carefully replaced around the vine, and the roots laid in the sun, or hung up to dry. A vine yields generally from four to nine pounds of green roots. When dry they are tied into cylindrical rolls a foot long and four or five inches thick, weighing about a pound.

India rubber is obtained by scoring the bark of the trees obliquely. Several cuts are placed one above another and in pairs converging downwards; the sap being directed in its flow by a leaf placed at the bottom, which serves as a spout, to direct it into the vessel placed to receive it.

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When collected it looks like milk. It is caused to coagulate and turn black by the juice of a species of convolvulus. It is generally made into cakes a little over a foot long, about eight inches wide and an inch thick. 222 314 439

It is with these two articles, and an occasional deer skin, that all the purchases are made from the traders. They buy various kinds of cotton cloth for clothing, colored handkerchiefs, needles, thread, machetes, axes, knives, iron kettles and pots, a few medicines, and powder, shot, and caps. Their intertribal trade is still more limited. The Bri-bris sell net-bags and hammocks to the Tiribis, and formerly made the large cotton blankets, already described, for sale in Terraba. They buy in Terraba cows and dogs, murex-shell whistles, murex-dyed cotton, and beads made by rubbing down a small species of shell of the genus *Conus*. Sometimes both the Bri-bris and Cabecars, but especially the latter, carry sarsaparilla or rubber a hard ten-days' journey to Matina, to exchange it for cocoa, of which they might have enough and to spare for the more trouble of planting it. But Indians are, almost without exception, a lazy, miserable, and unimprovable race. 439 438

It is perhaps advisable to state that the whole of the present memoir was written in Costa Rica, and it was not until my return to Philadelphia, that I encountered the elaborate compilation of Bancroft, on "the Native Races of the Pacific States." At the date of the present writing, but three volumes of the promised five have made their appearance. While I regret that the information in that work, on the present field is so meagre, and in some respects so different from my own observations, I have said nothing which I wish either to retract or modify. I state nothing but what I have seen and learned while living among the people whom I describe. At the same time I trust that I may not be accused of a spirit of antagonism, in pointing out some of the more serious errors in the work in question, and which, if not corrected, might seriously mislead future students. 114

Vol I. Chapter VII. p. 684, *et seq.* is devoted to "the wild tribes of Central America," and the Indians living below Lake Nicaragua, and the San Juan River are here designated as Isthmians; an appropriate name, since the family seems to cover all of Costa Rica and most, if not all of the State of Panama. But the map, facing p. 684 is utterly incorrect in so far, at least, as it professes to give the distribution of the Indians of Costa Rica.

The region of Talamanca described by me, as containing the three tribes of Cabecars, Bri-bris, and Tiribis, and known to the Spaniards under the generic term of Blancos, is here given up to the Valientes, who should be placed to the south and south-east of the Chiriqui lagoon; and the Itamas, who live in Nicaragua, back of the Mosquito coast. The central plateau, in which are situated the cities and towns of Atenas, San Ramon, Alajuela, Heredia, San José, Cartago, &c., in short, that occupied by practically the entire Hispano-American population of Costa Rica, is here given to the Blancos, and on the shores of the Gulf of